

# Midland Parks & Recreation

## PLYMOUTH POOL

### 2016 SWIM LESSON PROGRAM

Swim lesson registration begins online and in person on Wednesday, June 1 at 7:30 a.m. Staff will be on site at Plymouth Pool from 7:30 – 9:00 a.m. to take your registration or you can register online at [www.cityofmidlandmi.gov/swim](http://www.cityofmidlandmi.gov/swim). After this time, in person registration will be accepted at the Parks and Recreation Office.

We have made changes to benefit you in this upcoming season:

1. You asked for more nighttime classes and we have added them. New this year you will see an additional class at 6:45 p.m. and 7:45 p.m.
2. We added more level one classes to make up for the heavy waiting lists last season.

#### Other Important Information

- **Swim lessons are \$40.00 per session per person.** Swim lesson sessions run for two weeks, Monday through Thursday, for 45 minutes at Plymouth Pool (1508 E. Wheeler Rd.). Per city ordinance, there shall be a \$10.00 service fee for each refund.
- Lessons are held on rainy days. If a class is cancelled due to lightning, it will be rescheduled on the Friday of that week.
- On the first day of lessons please make sure your child is prepared to start on time. We have a lot of information to cover in a short period of time.
- P/T is a parent-tot class. Parents must accompany their child in the water for this level.
- If your child is participating in Levels I-V, you will only be allowed to view the lesson from outside the fence. This will allow our staff to maximize their time with your child.
- During swim lessons we do not allow any kind of flotation devices in the pool – this includes water wings and life jackets. Goggles are acceptable.
- Is the class you want full? Please join the wait list! We use the wait list to determine what classes our customers want for the following year! We may also open a new class if demand is heavy enough.
- Please review the lesson descriptions carefully. By signing your child up for lessons, you agree that your child is able to complete all the benchmarks of the prior level. Parents are responsible for ensuring their children are in the level-appropriate lesson for their child. If our staff finds that a level is too advanced and poses a safety risk for the child, the child will be removed from the class.

**Parks and Recreation Department**  
 4811 N. Saginaw Rd. Midland, MI 48640  
 989-837-6930, [recreation@midland-mi.org](mailto:recreation@midland-mi.org)  
[www.cityofmidlandmi.gov/swim](http://www.cityofmidlandmi.gov/swim)



- Parents will only be able to pre-register children for one level higher than the child's current level. If the child does not pass the current level they will not proceed to the next level.
- Please know it is common for children to repeat levels before they are able to demonstrate each skill (and we encourage it!). It is not important how quickly they move through the program but that they master each skill within the level.
- Should you wish to speak to one of our staff, our swim lesson supervisor will be on deck after your child's lesson. Do not hesitate to approach them.
- To be notified of lesson cancellations you must have registered to receive Rainout Line notifications or call our Rainout Line at 989-399-0506. WE WILL NOT CALL YOU DIRECTLY. You can subscribe to Rainout Line by visiting [www.rainoutline.com](http://www.rainoutline.com) or download the Rainout Line app.

#### Session 1: June 20-30

9am	L2	L3	
10am	L1	L2	
11am	L1	L3	
Noon	L1	L2	
5:45pm	P/T		
6:45pm	L1		
7:45pm	L2		

#### Session 2: July 11-21

9am	L2	L3	
10am	L1	L2	
11am	L1	L3	L4
Noon	P/T	L1	
5:45pm	L1		
6:45pm	L2		
7:45pm	L3		

#### Session 3: July 25-Aug 4

9am	L2	L5	
10am	L1	L4	
11am	L2	L3	
Noon	P/T	L3	
5:45pm	L1		
6:45pm	L3		
7:45pm	L4		

#### Session 4: August 8-18

9am	L2	L4	L5
10am	L3	L4	
11am	L1	L3	
Noon	L2	L3	
5:45pm	P/T		
6:45pm	L2		
7:45pm	L5		



# City of Midland 2016 Swim Lesson Program

## American Red Cross Swim Lesson Descriptions

### **Parent & Child Aquatics Levels 1/2 (Recommended Age 6 Mos. and older)**

In Parent/Child (P/T) Aquatics, your child is introduced to the water and will learn basic skills and water safety. In addition, the child will also be familiarized with: Holding and support techniques, water adjustment, breath control, entry and exit, submerge face, buoyancy, front/back glide, back float, rolling, leg actions and water safety rules.

### **Learn-to-Swim Level 1: Beginner - Introduction to Water Skills**

In level one, your child is introduced to basic skills at the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including, but not limited to:

- Entering the water independently using ladder, steps or side.
- Traveling at least 5 yards, bobbing 5 times then safely exiting the water.
- Gliding on front supported at least 2 body lengths.
- Rolling to a back float for 5 seconds with support and recovering to a vertical position with support.
- Treading water arm and hand actions

### **Learn-to-Swim Level 2: Beginner - Fundamental Aquatic Skills**

After successfully completing Level 1, children are ready to move on to Level 2. Some of the milestones that are necessary for successful completion of Level 2 include:

- Stepping or jumping from the side into shoulder-deep water.
- Front float, jellyfish and tuck floats for 10 seconds
- Back float for 15 seconds.
- Rolling from back to front and front to back.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

### **Learn-to-Swim Level 3: Intermediate - Stroke Development**

After successfully completing Level 2, children are ready to move on to Level 3. Some of the milestones in Level 3 include:

- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 1 minute.
- Swimming the elementary backstroke for 15 yards.

### **Learn-to-Swim Level 4: Intermediate - Stroke Improvement**

After successfully completing Level 3, children are ready to move on to Level 4. Participants in Level 4 learn:

- Increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances
- Building on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly.
- Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.
- Learn the basics of turning at a wall.

### **Level 5: Advanced - Stroke Refinement (Recommended Age 6 years and up)**

After successfully completing Level 4, children are ready to move on to Level 5. Some of the milestones in Level 5-Stroke Refinement includes:

- Performing a shallow-angle dive into deep water.
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the breaststroke and the back crawl each for 25 yards.